



## 200HR HTTI SUMMER IMMERSION 2018 **PROPOSED** SCHEDULE

June 1-24, 2018

\*\*Friday, June 1st—Sunday, June 24th

8:30am-6pm

*Students will have 1-2 days off during the course; TBD*

### \*\*Daily Schedule

8:30-10:15am

Morning Yoga/Meditation

10:30am-12:30pm

Morning Session

*12:30-1:15pm*

*Lunch*

1:30-4pm

Afternoon Session

4:15-6pm

Afternoon Yoga /Meditation

#### **Program Sessions**

Program sessions will include techniques for postures and pranayama; teaching methodology for leading a Hatha Yoga class and assisting students in postures; exposure to yogic philosophy; anatomy and physiology; and practice to support your emerging skills as a teacher.

#### **Yoga/Meditation Practice**

Yoga practice is designed to reinforce posture alignment details and teaching methodology while providing opportunities to assist yoga students and deepen your own practice.

**Please see Policy Catalogue for additional attendance requirements.**

***\*\*Please note: This is a proposed schedule. The actual schedule will be finalized before the course starts.***